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EN Equipment for the outdoor exercise

Device category: Stretching

Training effect: To stretch your arms, back, and leg muscles.

Method of use:

1. Rest your heel firmly on the bar with both legs straight. Stay away gradually torso to the legs and then based the feet on the ground. Repeat on the other leg. You will feel the stretching of the biceps and spine.

2. Hold the bar and do fallout trunk with straight legs, chest gradually get close to the ground. You will feel the stretching of the shoulders and back.

Exercise difficulty: Average

Configuration: single Stretching Triangle

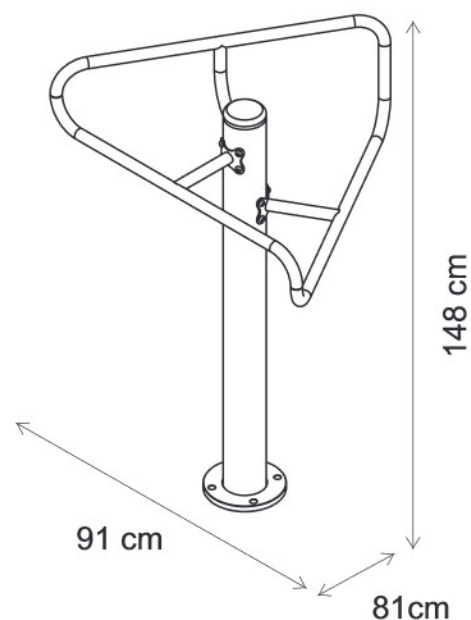
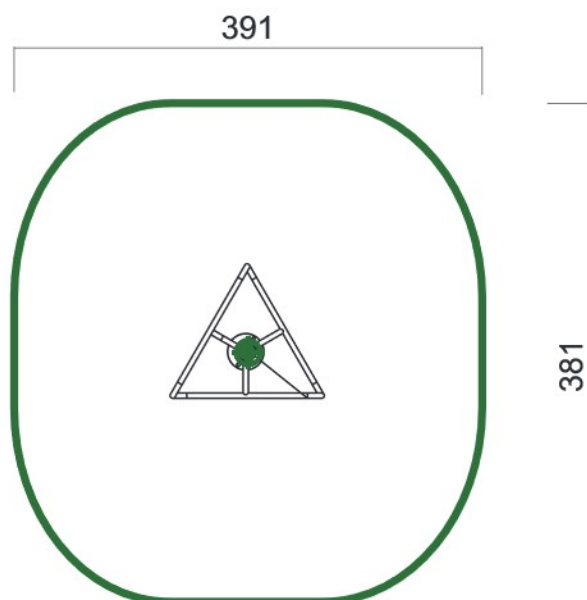
A total safety and functionality of equipment can only be kept when the inspections are made on regular basis. A subject of control should be potential damages and use. Always observe the maintenance and installation guide.

This device is designed for people over 1.4 m tall.

For single person use only. Maximum user's weight 120 kg.

Made followed the EN 16630:2015 norm

Made in Poland





Maintenance manual
Instrukcja konserwacji
Manuel de maintenance
Manuale di manutenzione
Wartungshandbuch

EN

A inspection is carried out as follows:

Routine inspection:

Visual inspection device is intended to detect visible damage and risks that could arise for reasons such as: misuse, vandalism or weather conditions.

NOTE 1 For outdoor fitness installed in areas with intensive use of equipment, and also in areas characterized to frequent damage caused by vandalism, may be required daily inspection.

NOTE 2 During the inspection routine and operational should pay attention to: cleanliness, level ground state of the ground, exposed (mobile) foundations, sharp edges, missing parts, excessive used (mobile and disperse the parts), structural strength of construction.

Operational control:

More accurate than a routine inspection of facilities for checking the functionality and stability of exercise equipment. You should do this every 1 to 3 months according to guidance of manufacturer

Main annual inspection:

Control of defining the overall condition for safe exploiting of equipment (main annual review).

NOTE 3 Main annual inspection may need to dig or decompose (spin) of individual equipment or their parts.

The annual inspection should be performed by the manufacturer or an authorized repairer Outdoor Fitness Center. Submissions annual inspection the following address: fitness@outdoorfitness.pl

Failures

In the absence of damage or exploiting of the device must be immediately replaced or repaired. If this is not possible, secure the unit before use. Contact the site Outdoor Fitness Center: fitness@outdoorfitness.pl.

Use only original spare parts. Repair and replacement of parts may only make the manufacturer or its authorized representative.